

Executive Summary

Title of work:	Primary to secondary transition in Physical Education, with a particular focus on increasing the level and continuation of female participation.
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Major Needs Identified:	Improvement in transition - to investigate if females who participate in PESS in primary school are more likely to continue their exercise behaviour in secondary school.
Methods used to collect data:	<ul style="list-style-type: none"> • Questionnaires • Interviews • Evaluations
Summary of findings/recommendations:	<ul style="list-style-type: none"> • The need for more collaborative learning/student voice in physical education and school sport. • Further research and implementation of SEAL initiatives and transition processes. • Conduct further research into body image, in females, the use of role models and other sociological factors and its impact on exercise behaviour. • Improve liaison between the primary feeder and secondary schools in order to develop, enhance and promote PESS.
Impact of Project: <ul style="list-style-type: none"> • Knowledge • Practice • Pupil/student learning experience • Pupil/student learning outcomes 	<ul style="list-style-type: none"> • Greater insight into transition, female preference and participation in PESS in both primary and secondary school. • Implementation of student voice, transition opportunities in PESS and SEAL initiatives. • Development of collaborative learning and leadership opportunities. • Increased female participation and continuation of PESS from primary to secondary school.